

ABSTRACT

An external change aid having engaging means which can engage with a landing member on an absorbent article and having a specific peel force and/ or shear force when engaged with such an absorbent article. Also provided are combinations of such external change aids and absorbent articles and methods for applying an absorbent article by use of the external change aid. Also provided are external change aids having specifically designed engaging means structures and absorbent articles with specifically designed engaging means structures.